Approximate time		5.30pm		5.35pm					6.00pm				6.25pm						6.55pm	TOTAL	
		100m		Shot					Long Jump				Javellin						800m	POINTS	
Name	Age	Time	Points	Wt	1	2	Best	Points	1	2	3	Points	Wt	1	2	Best	Points	Time	Points		
Heat 1 - for 100m																					
Cassie Neubauer	W30	14.16	579	4kg			7.23	350	4.27	4.23	4.17	371	600g			20.46	297	3.39.3	88	1685	1st
Patricia McHendrie	W40	16.51	357	4kg			5.29	284	3.51	3.42	3.38	276	600g			12.08	164	3.31.6	163	1244	1st
Felicity Alexander	W45	19.8	141	4kg			4.25	245	2.22	2.30	2.37	72	600g			13.56	231	3.10.7	390	1079	1st
Heather Grealy	W50	17.94	410	3kg			4.89	321	3.11	2.94	3.04	285	500g			8.98	147	4.17.8	44	1207	1st
Kim Welcome	W50	20.65	158	3kg			5.2	348	2.02	2.16	2.09	62	500g			8.51	135	3.58.8	120	823	2nd
Cherie Dempsey	W60	25.55	25	3kg			6.14	549	1.22	1.33	1.29	0	400g			17.73	495	5.52.5	0	1069	2nd
Ros Lowe	W60	19.49	443	3kg			6.48	587	2.08	2.12	2.33	180	400g			13.44	353	3.33.9	504	2067	1st
Miriam Cudmore	W70	17.51	877	3kg			5.46	633	2.94	3.12	3.07	680	400g			14.76	530	4.15.5	552	3272	1st